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U.S. deserter loses bid to stay in Canada

RULING A 25-year-old tank commander who fled to Canada to avoid the U.S. invasion of Iraq will become the first ever deserter returned home following a ruling by a Federal Court judge in Vancouver yesterday. Robin Long will be deported today after an application to stay his deportation was dismissed by Madame Justice Mactavish.

"This will be the first time Canada has ever played the gendarme for the American military," said Bob Ages, chair of the Vancouver chapter of the War Resisters Support Campaign.

Mactavish ruled yesterday that Long failed to provide clear and non-speculative evidence that he would suffer "irreparable harm" if deported.

JEFF HODSON/METRO CANADA

Canada page 6

Terror accused railed against West in e-mails

Beijing Games page 13



Athletes stay out of rights debate

Your Health page 14

Food key to healing body



Led Zeppelin singer Robert Plant and bluegrass artist Alison Krauss address the media after receiving platinum awards for their Grammy Award-winning album, *Raising Sand*, at the Molson Amphitheatre in Toronto last night. The hit record sold more than 100,000 copies in Canada and more than 1 million copies in the U.S.

Premier pledges Boreal protection

McGuinty on mission to save north Ontario forest

Ontario has made the largest conservation commitment in Canadian history, setting aside at least half the Northern Boreal Forest — 225,000 square kilometres — for permanent protection from development, Premier Dalton McGuinty announced yesterday.

It's an area almost the size of the United Kingdom.

"It is, in a word, immense. It's also unique and precious. It's home to the largest untouched forest in Canada and the third largest wetland in the world," McGuinty said.

The announcement is globally significant in the fight against

"The premier has shown leadership, which we hope will set the tone for forest protection across the country."

ForestEthics' Gillian McEachern

climate change, advocates say. Nearly 100 billion tonnes of carbon are stored in the Northern Boreal and another 12.5 million tonnes are absorbed each year.

These lands remain, for the

most part, untouched by development. But with increasing world demand for resources, it was just a matter of time before mining and logging inched up from the south.

Now, those resource industries will be barred from half the land and have to work with the government, McGuinty said.

Environmental groups were thrilled, calling the announcement visionary.

"The premier has shown leadership, which we hope will set the tone for forest protection across the country," said Gillian McEachern of ForestEthics.

TORSTAR NEWS SERVICE

Khadr's mom dreading jail video

The mother of Omar Khadr, who has spent nearly six years behind bars in Guantanamo Bay for allegedly killing a U.S. soldier in Afghanistan, was bracing herself yesterday for the spectacle of her son's jailhouse interrogation at the hands of Canada's spy agency.

Maha Elsamnah told The Canadian Press she doesn't know if she'll be able to bear to watch the seven-hour video of the interrogation, which was conducted in February 2003 — just six months after the 15-year-old Khadr was badly injured in a firefight with American troops.

"I'm a mother — I'm scared to see it," an emotional Elsamnah said. "I hope I can gather all my strength. It's not something nice to see."



Omar Khadr

The release of the video, expected today, comes amid fresh accounts of abuse the Canadian teen suffered at the hands of his American captors that appear to have finally touched a public nerve in Canada.

Documents released under Canadian court order last week show the teenager had been subject to sleep deprivation and other abuse to soften him up for interrogation.

A summary of the videotaped interrogations indicates Khadr at times cried uncontrollably. At one point, he took off his shirt to show bullet wounds, one of them still seeping blood.

THE CANADIAN PRESS

also on DVD

A 10-minute "highlight" of the video was to be released on the Internet at 5 a.m. today, and all 7.5 hours of material on five DVDs were to be released later in the day.

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Harbourfront shooting

A 28-year-old man is in hospital after being shot near the harbourfront early yesterday morning. The victim was treated at St. Michael's Hospital for non-life-threatening injuries. Several suspects are reported to have fled.

TORSTAR NEWS SERVICE

3

Local



Go West, Toronto

Welcome to Toronto, Oregon. Coun. Brian Ashton received a phone message inquiring about what size garbage bin he had ordered; he was asked to call back to a 647 area code number. When he called the number, the operator answered, "City of Toronto Solid Waste," but it was a call centre in Oregon.

TORSTAR NEWS SERVICE



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Baby 'in need of protection'

Judge rules Angelica-Leslie, abandoned in stairwell, can be adopted

Angelica-Leslie, the baby found abandoned in a North York stairwell last January, is "a child in need of protection" and can finally be adopted, a judge ruled yesterday.

The one-year-old, dubbed Angelica-Leslie by the Children's Aid Society, was found face down and shivering in a North York parking lot stairwell on Jan. 30.

She will now be a Crown ward and her biological

parents will not be permitted access to her, Justice Robert Spence told a half-hour long family court hearing yesterday.

Angelica-Leslie's parents, both 30, formerly of Toronto, were arrested and charged in May with abandoning a child under the age of 10, failing to provide the necessities of life, assault causing bodily harm, and criminal negligence. The baby's mother is out on bail and her father remains in custody.

"We will be looking at all of the families and finding absolutely the best match for Angelica. We'll look at a cultural, racial, religious match."

Connie Tuyl, from CAS

They cannot be named because of a publication ban to protect the identity of the child.

Both deny being her parents, the court heard. The pair were served with papers some 30 days ago, Caroline Handelman, a

lawyer for the CAS, told the court.

Although they denied parenthood, DNA testing shows they are a match with Angelica-Leslie. A 30-day appeal period now begins before Angelica-Leslie is legally eligible for adop-

tion, Connie Tuyl, director of the North Branch of Toronto's CAS, said.

So far, 149 families have come forward wanting to adopt the baby girl, and three of those families have been short-listed, Tuyl told reporters after the hearing.

"We will be looking at all of the families and finding absolutely the best match for Angelica. We'll look at a cultural, racial, religious match," Tuyl said.

TORSTAR NEWS SERVICE

Politics

Council may be in for long session

ISSUES The Gardiner reduction, tax incentives for the massive Woodbine Live project and new curbs on councillor expenses are expected to be dominant issues as council begins its last meeting today before summer break.

The two-day session may spill over to Thursday. To be voted on are environmental assessments for two contentious projects — removal of the spiral-ramp bottleneck at York-Bay-Yonge, and razing of the Gardiner east of Jarvis Street.

Waterfront Toronto president John Campbell is optimistic council will give the go-ahead to the Gardiner environmental assessment.

TORSTAR NEWS SERVICE

Toronto-to-Rochester ferry looks dead in the water

CROSSING After two failed efforts to run a fast ferry between Rochester and Toronto, the latest attempt to revive lake crossings appears to be a sinking proposition.

The Toronto Port Authority and the city of Rochester received only two responses after they put out a request for qualifications in March for any firm interested in operating a ferry across Lake Ontario.

The Breeze

The fast ferry, known as The Breeze, ran for only 11 weeks in 2004 before financial troubles forced it to abandon service.

But officials determined neither one had the operational or business experience to be viable, said Toronto harbourmaster Angus Armstrong.

TORSTAR NEWS SERVICE

News in brief

DRUG BUST A downtown condo unit where police seized \$35,000 worth of drugs over the weekend looked like a "drug store," detectives say. A 40-year-old "major dealer" was arrested and charged with more than a dozen drug-related offences.

TORSTAR NEWS SERVICE

JOYRIDE A man driving a stolen van in the Parliament Street and Dundas Street East area was arrested yesterday morning when he crashed the vehicle into an iron-gated

fence near Dundas Street East and George Street. Mark Ernst, 35, of Toronto, faces several charges.

ARREST York Regional Police have arrested a woman who was allegedly driving under the influence of alcohol with two young children in the back seat. Diaz Jeisy Tatiana Montealegre, 19, of Toronto, faces numerous charges. The boys, aged seven and eight, are in the care of the Children's Aid Society. **TORSTAR NEWS SERVICE**



A witness is consoled yesterday at the scene of a fatal crash in which a female pedestrian was killed on the corner of Danforth Avenue and Coxwell Avenue.

Woman killed in intersection

What began as a simple fender-bender on Danforth Avenue early yesterday afternoon ended four blocks away with the horrific death of a pedestrian.

A 51-year-old woman died in the middle of the busy intersection of Coxwell and Danforth avenues after a black BMW, believed to have run a red

light while travelling west, hit the woman at high speed, then smashed into a northbound truck. The woman was propelled through the intersection.

"I was right beside her," said a visibly shaken Vincenzo Puopolo, who was riding his bike near the intersection at the time of the accident.

"She got dropped right beside me.

"I watched her die."

Sgt. Tim Burrows of Toronto police traffic services said police believe the BMW driver had a medical condition, which may explain his actions.

Police did not release the woman's name last night.

TORSTAR NEWS SERVICE

Court

Father, son face numerous charges

FEAR Slashed tires. Broken windows. Dead pigeons left on doorsteps. Front lawns maliciously scattered with bicycle spokes to foil a mower. Threats.

For the last three years, residents of the Junction, a rapidly gentrifying community along Dundas Street West, have lived in fear.

Two men, a father and son, have been charged and police said 30 victims have been identified.

Felice Scala, 61, and Ralph Scala, 36, appeared in court yesterday. Felice was released from custody on \$2,000 bail while Ralph has his own bail hearing today.

TORSTAR NEWS SERVICE

York Regional Police have arrested a Toronto man for a bizarre and brazen theft in Markham yesterday. Police say the suspect loaded a shopping cart with baby food and wheeled it out the door. John Horne, 43, of Toronto faces seven charges. **TORSTAR NEWS SERVICE**

GO may be getting the message

As GO Transit learned any lessons from the message sent by more than 10,000 riders earlier this year?

This winter's massive petition asked primarily

for rebates to be offered when trains are late. That plea was ignored but the municipal politicians and citizen appointees that oversee GO appear to be taking a closer interest in the workings of the system.

At last Friday's GO board meeting, I was fairly encouraged to see directors asking managers more probing questions than usual. And there is plenty to ask about.

Currently, every transit agency is under pressure

from rising gas prices. Although GO's revenue is up as more drivers flock to transit, costs are up even more — to pay for fuel and the ongoing switchover to new train crews. However, it was made clear that GO does

not have plans to cut service to make up the shortfall, or raise fares before the usual round of hikes that occur each spring.

Of course, this is contingent on help from the province. Queen's Park ought to raise its fairly



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meagre subsidy to GO — and the agency should continually prove it is spending its money wisely.

One immediate aftermath of the rider petition was GO's promise to create a customer advisory committee. It seems about 60 people applied for eight positions, and they should be named by August.

As for delays, GO trains were within five minutes of schedule 91 per cent of the time during May 2008. It's good to be back in the 90s — but what happens when the snow returns?

GO's board must encourage staff to find solutions to winter delays, including from other North American commuter railroads — but it's obvious the directors are powerless to make short-term changes where it matters most: Capacity. GO ridership is growing at a torrid pace and most major capital improvements are still years from completion.

Extensive plans for new tracks and more frequent rail service may fail to satisfy in the short term, especially this September when holidays end and already-crowded trains and parking lots become even more so.

As for parking, the "Fixer" column in the Toronto Star recently highlighted the very real worry of having your car broken into or stolen outright at train stations. If there's any hope for money being allocated toward better security at GO lots — or in TTC lots, for that matter — motorists must make sure every theft is reported both to their transit agency and the police.

It could be fruitless, but we shall see.

Ed Drass has a degree in urban studies from York University and regularly rides transit in the GTA.

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A new government study suggests levels of toxic chemicals in a wide range of animals across the Arctic are finally dropping. The study compared recent levels of chemicals in seals, arctic char, beluga whales, narwhal and walrus with levels from a decade ago. **THE CANADIAN PRESS**

Canada



Caterpillar death cautionary tale

It was a freak encounter with tragic consequences. A Canadian woman who had travelled to South America last year died 10 days after stepping, barefoot, on venomous caterpillars, a team of Edmonton doctors reported yesterday in the Canadian Medical Association Journal. Her case should be a cautionary tale for people embarking on exotic trips to far-flung places, her doctors and others suggest.

THE CANADIAN PRESS

Warning issued over dam project

AFGHANISTAN Refurbishing a derelict Afghan dam has been billed as one of Canada's "signature projects" in the war-ravaged nation, but defence analysts say these major initiatives carry a giant bull's eye for militants desperate to obliterate tangible signs of progress — and morale. The warning comes as the federal government issued a tender yesterday for the repair of the Dahla dam on the Arghandab River in Kandahar province.

THE CANADIAN PRESS

News in brief

INTERNET A Canadian Internet porn company has agreed to pay Facebook half a million dollars after it allegedly hacked the popular social networking website's computers. The lawsuit against the numbered Ontario company, which does business online under the name SlickCash, has been settled in a U.S. court. **THE CANADIAN PRESS**

SCIENCE Canada's \$130-million contribution to the James Webb Space Telescope will give the country access to the largest ever space observatory when it's in orbit in five years. The telescope is expected to produce even sharper images than the Hubble telescope. **THE CANADIAN PRESS**

Nova Scotia Protest against alleged racism



JEAN WHITEHEAD/COURTESY

Rev. M. Alden Fells, in the white shirt, leads a protest march from Bethel Baptist Church to RCMP headquarters in Digby, N.S. Fells, the father of a youth who alleges he was racially insulted and provoked into a fight by off-duty police officers, says the black community isn't satisfied with the RCMP's response to the allegations and is calling for an independent inquiry.

Tourism deal eyed

Industry wants to hire more foreign workers

The tourism industry in Ontario would like the federal government to make it easier to hire temporary foreign workers to fill hospitality and restaurant jobs in vacation hot spots such as the Muskoka region.

"We're fighting to get the recognition that there is a need," said Tracy Gualtieri,

35 per cent of the tourism workforce comprises workers between ages 15 and 34, a demographic that is shrinking.

the senior associate involved in the temporary foreign worker program with the Ontario Tourism

Education Council.

The provincial ministry of economic development and trade said a temporary foreign workers agreement between Ontario and the federal government that may alleviate some of these problems has not yet been signed.

TORSTAR NEWS SERVICE

Khawaja's pro-jihad e-mails out in court

TRIAL Momin Khawaja says he couldn't stand by and watch "bloodthirsty" imperialists attack Afghanistan and other Muslim countries while he held down a cushy nine-to-five job.

"There is no excuse deep down, just reaping the benefits of life in the west," wrote Khawaja, who was arrested four years ago and is now on trial in Ontario Superior Court on seven terrorism-

related charges, including building a device to be used to explode a 600-kilogram fertilizer bomb in a failed attack on London.

Almost 200 pages of e-mails, most of them related to the courtship between Khawaja and Zeba Khan, 23, were released to the public yesterday.

Khawaja was working for the department of foreign affairs as a software developer. **TORSTAR NEWS SERVICE**

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The Italian government has been ordered to pay the equivalent of \$160,000 to a gay man who received a driver's licence for the disabled. Danilo Giuffrida, 27, says he told officials about his homosexuality when he took a physical for Italy's then-mandatory year of military service. **THE ASSOCIATED PRESS**

World



Oldest blogger dies

A 108-year-old Australian woman who was promoted as the world's oldest blogger has died two weeks after making her last post about "singing a happy song," her great-grandson and her online forum said. Olive Riley wrote 74 entries in her blogs. A friend introduced Riley to blogging early in 2007, and she was hooked. **THE ASSOCIATED PRESS**

Guilty plea for 5 men

Terror plot included Canada

Five men accused of plotting to detonate liquid explosives on board trans-Atlantic passenger jets, including some bound for Canada, have pleaded guilty to lesser offences but maintain they never intended to destroy airliners, a jury heard yesterday.

Abdulla Ahmed Ali, 27, Assad Sarwar, 28, Tanvir Hussain, 27, and five co-defendants are charged with a plot to kill hundreds of passengers at the height of the summer vacation season by detonating explosives concealed in soft-drink bottles on flights over the

New restrictions

The unravelling of the alleged plot led to tough new restrictions on the amount of liquids and gels passengers can take in their carry-on bags.

Atlantic Ocean or U.S. cities. Investigators had previously alleged that flights headed for Toronto and Montreal were targeted in the plan.

Ali and Sarwar have told the court they wanted to set off explosions as a publicity stunt to promote an anti-Western documentary.

THE ASSOCIATED PRESS

Crowned Miss Universe



Miss Venezuela, Dayana Mendoza, reacts early yesterday morning after being crowned as Miss Universe 2008 during the Miss Universe 2008 beauty pageant in Nha Trang, Vietnam.

Sudan president charged

WAR CRIMES The prosecutor of the International Criminal Court filed genocide charges yesterday against Sudanese President Omar al-Bashir, accusing him of masterminding attempts to wipe out African tribes in Darfur with a campaign of murder, rape and deportation.

The filing marked the first time prosecutors at the world's first permanent, global war crimes court have issued charges against a sitting head of state, but al-Bashir is unlikely to be sent to The Hague any time soon. Sudan rejects the court's jurisdiction, and senior Sudanese officials said the prosecutor was politically motivated to file the charges. **THE ASSOCIATED PRESS**

Controversy



Campaign calls cover 'tasteless'

POLITICS Barack Obama's campaign says a satirical New Yorker magazine cover showing the Democratic presidential candidate dressed as a Muslim and his wife as a terrorist is "tasteless and offensive."

The illustration on the issue that hits newsstands yesterday, titled The Politics Of Fear and drawn by Barry Blitt, depicts Barack Obama wearing traditional Muslim garb and his wife, Michelle — dressed in camouflage, combat boots and an assault rifle strapped over her shoulder — standing in the Oval Office.

"The New Yorker may think, as one of their staff explained to us, that their cover is a satirical lampoon of the caricature Senator Obama's right-wing critics have tried to create," said Obama campaign spokesman Bill Burton. "But most readers will see it as tasteless and offensive. And we agree."

THE ASSOCIATED PRESS

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News in brief

MIDEAST A Hamas spokesman says Mideast envoy Tony Blair will visit the Gaza Strip this week. It will be the former British prime minister's first trip to the coastal territory since Hamas seized control violently a year ago.

THE ASSOCIATED PRESS

AFGHANISTAN U.S. troops yesterday reinforced a remote military outpost after well-armed militants got inside and killed nine American soldiers in the deadliest assault on U.S. forces in Afghanistan in three years.

THE ASSOCIATED PRESS

FRANCE Former hostage Ingrid Betancourt has been presented with France's highest award, the Legion of Honour. President Nicolas Sarkozy says the award is a way of saying "we love you" and acknowledging Betancourt as a symbol of hope.

THE ASSOCIATED PRESS

U.S. Former U.S. Assistant Attorney General Jim Robinson, the Justice Department's former top criminal prosecutor, says his name turned up on the U.S. government's terror watch list and is calling for elimination of the list.

THE ASSOCIATED PRESS

Airfares	Cruise & Stay Holidays	Holidays	Holidays
NEW YORK \$118 Travel Jul 22-Jul 26/pd + \$186 taxes & fees Vancouver \$259 Travel Jul 22-Jul 29/wg + \$211 taxes & fees Vienna \$399 Travel Jul 20-Jul 25/ts + \$373 taxes & fees Lima \$698 Travel Sep 10-Sep 24/dl + \$449 taxes & fees Tokyo \$698 Travel Sep 11-Sep 22/ac + \$417 taxes & fees Bangkok \$879 Travel Oct 15-Oct 29/jl + \$619 taxes & fees	Florida & Bahamas \$560 NCL + \$313 taxes & fees INCLUDES roundtrip airfare to Fort Lauderdale, 7-day car rental, pre-cruise nights 3-star beachfront accommodation in Miami, 3 nights aboard the Norwegian Sky and 3 nights 3-star accommodation in Orlando near Universal Studios. Cruise sails from Miami and visits Nassau and Great Stirrup Cay. Departs Dec 11/inf/wg. New Orleans & Mexico \$849 Carnival Cruises + \$262 taxes & fees INCLUDES roundtrip airfare to New Orleans, a 4-night Caribbean cruise sailing roundtrip from New Orleans and visits Cozumel, Mexico, and 3 nights 3-star accommodation in the heart of the French Quarter. Departs Dec 4/inf/wg. UPGRADE to an oceanview stateroom from \$20 per day.	ORLANDO \$499 Fairfield Inn Marriott Village + \$127 taxes & fees INCLUDES roundtrip airfare, 7 nights 3-star accommodation and an intermediate car rental. Departs Aug 13/inf/wg. Ask about pricing on day passes to Universal Studios and Disneyworld. Puerto Plata \$448 Allegro Playa Dorada + \$369 taxes & fees INCLUDES roundtrip airfare, hotel transfers and 7 nights 4-star all-inclusive accommodation. Departs Jul 18/vat/Sg. UPGRADE to the 5-star Riu Bachata for \$51 per night.	California Fly & Drive \$467 + \$192 taxes & fees INCLUDES airfare into San Francisco and return from Los Angeles, a 7-day compact car rental with unlimited mileage. Departs Aug 14/inf/ac. Jamaica \$695 Starfish Trelawny + \$316 taxes & fees INCLUDES roundtrip airfare, hotel transfers and 7 nights 3.5-star all-inclusive accommodation. Departs Jul 18/swg/wg. Madrid \$873 Regina Hotel + \$352 taxes & fees INCLUDES roundtrip airfare, hotel transfers, and 7 nights 3-star accommodation in the historic city centre. Departs Aug 25/vat/ts. BONUS Buffet breakfast included daily.

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EBay beats Tiffany in court case over trademarks

A New York judge ruled yesterday that companies such as jeweller Tiffany & Co. are responsible for policing their trademarks online — not auction platforms like EBay. Tiffany had sued EBay over the sale of counterfeit jewelry on EBay's sites. **THE ASSOCIATED PRESS**

9

Business

iPhone sold: 1M

Glitches hit Canada launch

Worldwide sales of Apple Inc.'s second-generation iPhone totalled more than 1 million in its first week-end, amid warnings that a slumping global economy could put a dent in overall handset sales this year.

By contrast, the previous version of the iPhone sold just 270,000 units in its first two days. But unlike the original version, which was initially available only in the United States, the iPhone 3G is being sold in 21 countries.

The iPhone's launch comes as some analysts warn demand for handsets could be threatened by global economic weakness.

Research firm Gartner said it has cut its forecast for cellphone sales growth to 10 per cent this year.

In Canada, wireless provider Rogers Communications Inc. said yesterday



Luring

Some analysts have predicted Rogers will sell as many as 250,000 iPhones in Canada over the next year, luring 100,000 subscribers from other wireless carriers in the process.

the launch shipment of "tens of thousands" of iPhones "sold out in the vast majority of cities across the country."

The iPhone's Canadian launch was bogged down by technical glitches with Rogers' computer systems and wider problems with Apple's iTunes service, which is needed to activate the handset. "Our system was up within an hour of outage Friday," spokesperson Liz Hamilton said.

TORSTAR NEWS SERVICE

News in brief

E-TRADE SOLD Scotiabank is buying online brokerage firm E-Trade Canada for \$444 million. E-Trade, which has 190 employees and administers \$4.7 billion in assets, has been one of the leading non-bank systems in Canada for individual investors to trade stocks.

THE CANADIAN PRESS

BEER TAKEOVER Anheuser Busch, the maker of Budweiser and Bud Light beers, has agreed to a sweetened \$52

billion US takeover bid from Belgian brewer InBev, creating the world's largest brewer. InBev brands include Stella Artois, Beck's, Bass and Labatt's. **THE ASSOCIATED PRESS**

OFFSHORE DRILLING U.S. President George W. Bush yesterday lifted an executive ban on offshore drilling that has stood since his father was president. But the move, by itself, will do nothing unless Congress acts as well. **THE ASSOCIATED PRESS**

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Metro offers Workopolis listings

ONLINE Metro Canada has joined forces with Workopolis to provide online career services through its site www.metronews.ca.

The partnership with the online recruiting and job search provider allows job hunters to view regional and national openings at a single website, while local employers will be able to extend their advertising reach across the country.

"This partnership combines the reach of the leading newspaper brand among adults 18-49 and the leading online job site in Canada," said Metro Toronto publisher Bill McDonald. "And it further extends our focus on improving the experience for all of our stakeholders, making Metro the print and online destination for young Canadians."

METRO NEWS SERVICES

Cash Flow Expert to Reveal North America's Best Kept Investment Secret

by James Ryder
Financial Reporter

TORONTO — Why settle for 2 or 3% interest from your local bank, when you could be earning 16%, 18%, 24% and even up to 50% return on your hard earned money?

According to Ted Thomas, one of North America's cash flow experts, this is exactly the way that many wealthy people have been investing for decades.

This proven personal fortunate money-machine is called Tax Certificates. With Tax Certificates, you invest your money with the government and the government returns your money in guaranteed cheques plus 16%, 18%, 25% or even 50% more in interest.

Thomas explains that the beauty of this exciting, simple investment is that it works for just about anyone — regardless of age, gender, education or experience.

This is the ideal investment for Canadians — because you can invest by mail or on the Internet. You don't need a huge investment to start with Tax Certificates — you can start with as little as \$500.

The biggest advantage of this investment, Thomas says, is you don't have to be stuck with low bank interest rates, lacklustre mutual funds, low performing stocks or negative cash flow real estate.

"Let me tell you about Cheryl Hyland of Brooks, Alberta," says Thomas. "She invested \$7,390 in a Tax Certificate and in less than five months, it was redeemed for \$9,187.50 for a quick profit of \$1,797.50. That's a 24.3% return! When she contacted me with the good news, I calculated her annualized return... and it works out to a whopping 58.3%."

I asked Mr. Thomas the obvious question. "If this investment system is proven like you said it is, then why haven't we heard about Tax Certificates?"



Cheryl Hyland from Brooks, Alberta shows her 24.3% return!

His answer was right to the point. "Stock brokers, financial planners and bankers aren't allowed to make commissions on them. Yet many bankers invest their 'surplus' money in Tax Certificates to enjoy the amazingly high returns. They pray they you won't learn what I'm revealing to you."

Thomas will be explaining more about this proven cash flow system in a free seminar called "How To Create Tons of Cash Using North America's Best Kept Investment Secret."

Make 24% on Your Money Guaranteed! Regardless of What Happens to Oil Prices, the Stock Market or Real Estate!

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- ✓ Create so much wealth that you'll never have to worry about money again. A life of leisure and comfort, where you'll relax, play, and enjoy life to the fullest.
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See How Others Have Benefited From Using Ted Thomas's Proven Cash Flow System!

\$600 investment worth \$45,000!

"Hey Ted, we used your information about Tax Certificates and paid a little over \$600 for the property... and it's worth about \$45,000!"

— John & Silke Greiner

\$21,900 — all in 90 Days!

"I have purchased two properties. On the first property alone, I will put about \$13,500 in my pocket. I'm working on another deal that will make a net profit of \$8,400... I'll make \$21,900 on my first two deals, all in 90 days. THANK YOU TED!"

— Curtis Harker

\$44,400 profit in 31 Days!

"Ted, I want to tell you 'THANKS' for sharing your insider secrets about Tax Certificates! After attending your seminar, I purchased three houses and sold them all within 31 days. The first house I purchased for \$8000 and sold it for \$18,400 for a profit of \$10,400. The second house I purchased for \$30,000 for a profit of \$19,000. The third house I purchased for \$12,000 and sold for \$27,000 for a profit of \$15,000."

— Todd Beemer

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Your Money

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONWS.CA

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www.smartcookies.com

After last week's season finale of *The Bachelorette*, most of us burned through a month's worth of phone minutes in one night. Jason versus Jesse, Jesse versus Jason ... the drama!

But whether it's dishing about celebrity gossip or dissecting your most recent date, we are all guilty of spending hundreds, even thousands, of dollars on phone bills.

Even with major phone companies dropping their rates every year, we still seem to burn through minutes any given month. Well, thanks to modern technology, you might not even have to spend a penny to talk to people across

the country.

We wanted to lay out some options you have at your fingertips — literally — on how you can stay in touch and still be a Smart Cookie.

Skype:

For us, this is Numero Uno. Skype is by far the most popular and widely used VoIP program (for those technically challenged, like we were, that stands for Voice-over-Internet Protocol) with millions of people online at a time. With Skype's free software that works seamlessly with your Internet connection, you can chat away with free Skype-to-Skype calls and never worry about cost, time or distance. Skype allows you to have a videoconference (we love this), a phone call, or a chat with anyone on your contact list.

Google Talk:

Of course, Google has a VoIP service as well. Used mostly as a chat platform, Google Talk is popular among Google fanatics and



Stay in touch with pals but don't pay a fortune for it.

those with a Gmail account. Google talk is built into Gmail. This makes it easy to see when another Gmail user on your contact list is online for a chat. With the release of the Google Talk gadget, users of all platforms supported by Adobe Flash Player can now use Google Talk.

Gizmo:

Like Skype, Gizmo also offers free software and free calls to all other Gizmo users. The interface is very user-friendly and the company claims it's "as simple as instant messag-

ing." A bonus to this service is the All Calls Free plan, which allows Gizmo users to call other Gizmo users' landlines and mobile phones, not just their computers.

Yahoo! Voice:

This is simple and free PC-to-PC calling software like Windows Live Messenger. Similarly, the free calls must be made to other active Yahoo! Voice members. So those of you who are already familiar with the Yahoo! Instant Messenger system should feel right at home with the application. Since there are already so many Yahoo! IM users, this may be a great place to begin experimenting with VoIP technology.

If you have a favourite Smart Cookie way to communicate, we'd love to hear it! Send comments and questions to us at smartcookies@metronews.ca.

Tune in Wednesday night at 9 p.m. EST/PST on the W Network and be sure to visit smartcookies.com for more tips.

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Play by new mortgage rules

Since completing university five years ago, I have rented an apartment. I earn a decent salary but have saved less than \$10,000 dollars that I would like to use as a down payment for a home. Some new condos are being built not far from my apartment with prices around \$300,000. Should I buy now before the new mortgage rules come into effect?

-ANDREW, TORONTO

Starting Oct. 15, 2008, homebuyers will no longer be able to buy a home with nothing down or take out a government-backed, 40-year mortgage. Thirty-five-year mortgages with 5 per cent down will continue to be available. Ottawa hopes Canada will not follow the real estate meltdown experienced by our southern

MoneyMatters



choochonghcg@yahoo.ca

neighbour.

Currently, individuals could purchase a home with as little as nothing down and have the entire cost insured with the Canada Housing and Mortgage Corporation (CMHC) or Genworth Financial Canada. Of course, nothing is free. CMHC charges a 1 to 3.5 per cent of the principal amount that is added to the mortgage.

Talk to a bank mortgage specialist or independent broker to help with making your decision.

Henry Choo Chong, CGA, provides accounting and taxation solutions. E-mail Money Matters: choochonghcg@yahoo.ca.

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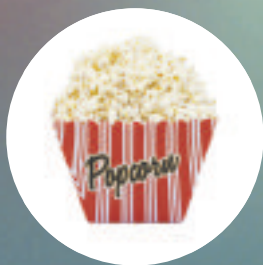
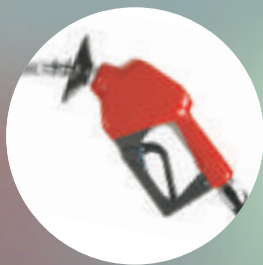
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Toronto FC traded forward Darren Huckerby to the San Jose Earthquakes yesterday for allocation money and an international roster spot. While he never played for TFC, the English-born player's rights were owned by Toronto. **THE CANADIAN PRESS**

Sports

SPORTS EDITOR: JONATHAN P. KUEHLEIN, SPORTS@METRONEWS.CA



Leafs deal for Hollweg

The Maple Leafs acquired winger Ryan Hollweg, left, from the New York Rangers yesterday for a 2009 fifth-round draft pick. Hollweg, 25, had four points (2-2) and 96 penalty minutes in 70 games for the Rangers. He has 12 points (5-7) in 200 career NHL games, all with the Rangers. **The Canadian Press**

West is clearly best in CFL so far

Clean sweep in Week 3 shows balance of power tipped in one direction

YorkReport

Marty York



marty.york@metronews.ca

Three weeks into its regular season, the CFL has established these two irrefutably pertinent facts: First, West is best. And, second, higher scoring is much less boring.

Unlike the past few seasons, CFL games have been mostly entertaining this season, chiefly because of a scoring increase. The eight teams have produced 633 points combined in the first three weeks of 2008, compared with 578 after three

weeks last season.

The difference has been palpable. The theory within the CFL is that redesigned offences are beginning to outsmart defences.

Still, the balance of power remains lopsided. It is clearly tilted in the direction of the Western teams, who punctuated their superiority last week by recording a clean, four-game sweep over their Eastern counterparts.

None of the Western teams is winless this season. In the East, however, only the Montreal Alouettes (2-1) have a winning record. And the Winnipeg Blue Bombers have deteriorated into the Loserpeg Blue Bombers at 0-3. Coach **Doug Berry** already is in

jeopardy of losing his job, largely because his finger-pointing style has alienated several of his players — to the point where they've privately gone to management with complaints.

Berry insists he won't give up on his ways or on his slumping No. 1 quarterback — **Kevin Glenn**. Not yet, anyway.

At the other end of the spectrum are the undefeated Saskatchewan Roughriders (3-0), and this wasn't supposed to happen. Not with **Ken Miller** coaching instead of **Kent Austin**, who abandoned Saskatchewan after last season for an assistant-coaching position in U.S. college football. And not without quarterback **Kerry Joseph**, who was cho-

3 The number of teams scoring less in the higher-scoring CFL this year. The Argonauts' dropoff from 2007 is staggering. See details in today's York Report at www.metronews.ca.

sen the CFL's top player last season after leading the Riders to the Grey Cup championship.

Although undefeated, the Riders continue to have their detractors, including their former all-star QB and coach.

"Saskatchewan is supposedly the best team in the league," said **Ron Lancaster**, a radio analyst these days for the Hamilton Tiger-Cats, "but I don't see any difference between them

and us."

Lancaster's comment came after the Ticats blew their lead in the dying seconds of a wildly exciting game against Saskatchewan Saturday in Hamilton. The Ticats are 1-2, like the Toronto Argonauts, who are plunging downhill with Joseph as their QB and with **Rich Stabler** as their coach.

And, if the Argos continue to struggle, don't be surprised if **Michael "Pinball" Clemons** is persuaded by the club's owners to return as coach and to relinquish his front-office duties temporarily.

Marty York has been a groundbreaking sports columnist and broadcaster in Canada for decades.

Sports in brief

NHL The New York Islanders fired head coach Ted Nolan yesterday, citing "philosophical differences." **THE CANADIAN PRESS**

SCOREBOARD

MLB

YESTERDAY'S RESULTS
LAST NIGHT
All-Star Home Run Derby
TONIGHT'S GAME
All-Star Game (at New York)
National League vs. American League, 8
TOMORROW
No games scheduled

CFL

WEEK 4
THURSDAY'S GAME
Hamilton at Calgary, 9
FRIDAY'S GAME
Winnipeg at B.C., 10
SATURDAY'S GAME
Montreal at Saskatchewan, 7
SUNDAY'S GAME
Edmonton at Toronto, 4

LOTTERIES

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Politics

David Emerson, Canada's foreign affairs minister, will be Canada's official government representative at the Games. **THE CANADIAN PRESS**

Beijing Games

SPECIAL FEATURES EDITOR: STEPHANIE BOMBA, STEPHANIE.BOMBA@METRONEWS.CA

Keeping quiet

Canada's Olympians trying to stay out of debate on human rights in China

MATTHEW WUEST
Metro Canada

If you're waiting for one of Canada's Olympians to take a stand on China's human-rights record, don't hold your breath.

It's not that the Canadian Olympic Committee has issued a gag order, as Britain has done with its athletes. It's just that Canadians are trying to stay focused on the task at hand — representing their country at the Games in Beijing — and getting caught up in politics will only serve as a distraction.

"It's a monumental task to win a medal and it requires everything you've got," Olympic sailor Lisa Ross said. "Mentally, it's such a huge task. Any athlete that has hopes of medalling, but gets caught up in other things ... It won't happen for them."

About the only people taking a firm stance on issues in China are former athletes, such as retired figure skater Elvis Stojko, a two-time silver-medallist at the Winter Olympics. He suggested Canada's Olympians consider a boycott of the Games.

But Olympic double-medallist Adam van Ko-

everden said Stojko wouldn't be so vocal if it was his Games, and based on the prevailing silence, he could be right.

"I haven't heard it from anyone attending the Olympics now, and that seems to be kind of the vibe, to me," canoeist and first-time Olympian Andrew Russell said. "All of the athletes who have trained so hard to get to this stage don't want to jeopardize the opportunity to succeed at the Olympics."

The mere mention of human-rights issues in an interview causes Olympians to choose their words care-



Armed police for the special Olympic road lanes hold a ceremony in Beijing last week.

fully. Some fear being misquoted or having words taken out of context, others worry an innocent comment might make national headlines.

"You don't want to have the attention from what you're trying to accom-

plish shift toward your attitude toward human-rights violations," Russell said. "That's not to say athletes are not concerned and up-to-date on world issues, I just don't know if it's really the best forum for dialog on this sort of thing."

Felicien gives up on Games bid

ATHLETICS Perdita Felicien has pulled the plug on her attempted comeback for the 2008 Beijing Olympics.

The 28-year-old Pickering hurdler, who hasn't been able to compete since injuring her foot during training last February, is expected to make the announcement official today.

Felicien had been conditionally named to the Canadian Olympic team for Beijing.

TORSTAR NEWS SERVICE

Tomorrow's lineup

FIELD OF DREAMS For field hockey playing brothers Anthony and Philip Wright, the Olympics are a family tradition stretching back to 1932. Read tomorrow's Metro for more.

23 days remain until the official start of the 2008 Summer Olympic Games in Beijing.

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A whopping 77 per cent of the salt we consume comes from processed and restaurant foods, according to Statistics Canada. **ALIVE MAGAZINE**

Your Health

SPECIAL FEATURES EDITOR: STEPHANIE BOMBA, STEPHANIE.BOMBA@METRONEWS.CA

Repair, regenerate

Food makes up integral part of body's healing process

BRIAN TOWIE
Metro Canada

While an apple a day won't keep a broken leg away, a balanced diet can help your body repair itself, if you know what to eat.

Food makes up an integral part of the healing process, rehabilitating torn muscles and restoring energy.

You should keep four key components in mind on the road to recovery, says Jennifer Gibson, dietitian for the Sports Medicine Council of British Columbia and the Vancouver Whitecaps soccer club: Stay hydrated, ingest high-quality proteins, don't ignore your fruits and veg-

etables, and make sure you get poly- and mono-saturated fats.

Gibson advises you should drink three to four litres of water or diluted juices a day, depending on your size, in order to flush out the toxins your body accumulates.

"Dehydration interferes with your thought process first, followed by fatigue, dizziness, cramps and possibly collapse," she said.

Also consider the old adage of "an ounce of prevention," says registered dietitian Beth Mansfield of Ottawa fitness club Peak Performance. Failing to drink water and eat carbs before strenuous activity can ultimately result in injuries.

"What you need to look at is how you get to that point," she said. "Intense muscular movement can lead to pulling and tearing if you don't take significant carbs and you don't hydrate, particularly towards the end of a game."

Next, you'll want to look at high-quality

what to eat while nursing an injury

- Kiwi fruits, strawberries, and blackberries are good sources of vitamin C, essential for healing wounds.
- Almonds provide vitamin E, important in preventing scar tissue.
- Honey is an effective antiseptic and wound healer.
- Red grapes are high sources of potassium and the antioxidant quercetin. Dilute the grape juice with water to prevent cramps and dehydration.

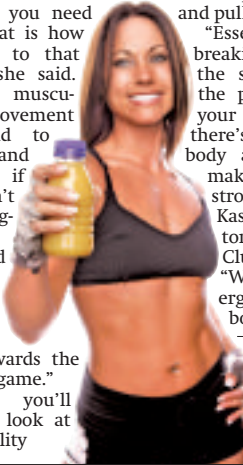
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proteins. Nutritionists say you need at least 0.8 g of protein per kilogram of body weight every day just to stay alive, and more to heal. All these viable sources contain antibodies and help to rebuild torn and pulled muscles.

"Essentially, you're breaking off the bonds, the satellite cells, off the protein, and then your body realizes there's a deficiency. Your body asks, 'How do I make that part of me stronger?'" says Jason Kastner, fitness director at the Yorkville Club in Toronto. "When you have energy from carbs, your body is going to

You should drink three to four litres of water or diluted juice every day, experts say.



work in what's called protein synthesis, when you build back that muscle or torn tissue."

That doesn't mean you can scarf down big, greasy burgers by the dozen, Kastner says. Select your protein from reliable sources such as chicken, fish, lean red meats, eggs, whey protein powder and soy products (veggie ground round and tofu for vegetarians and vegans). For carbohydrates, choose whole grain breads, brown rice, quinoa millet, barley or brown rice.

Vegetables and fruit often and mistakenly go ignored while healing, says Gibson. She advises at least two cups of orange (carrots) and dark green (broccoli or romaine lettuce) vegetables for lunch and dinner, with three to five servings of fruit per day, depending on size. Consider smoothies as a quick, easy answer for



A balanced diet can help your body repair itself, experts say.

your body's need for fruit among other nutrients, says Mansfield.

"Smoothies can be a fabulous way to repair and regenerate," she said. "You can mix berries, which are high in antioxidants, chocolate milk — a mix of protein and carbohydrates — and yogurts high in Omega-3 fatty acids. They help with circulation, and your body can't reproduce them. They have to be obtained from food."

Finally, Gibson says to lube your joints and prevent inflammation, stock up on your poly- and mono-saturated fats, found in foods such as avocados, nuts and ground flax seeds. But take care that you don't eat too much of any food while injured, she

foods to avoid

- Deep-fried foods such as french fries contain inflammatory Omega-6 fats.
- Cured hams, bacon, sausages and meat pies are salty and can cause cramps.
- Cookies and cakes are sources of sugar and fat, which displace other nutrients in high volumes.

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says. You're not as active as you would be if you were 100 per cent.

"Many athletes eat as much during their healing as they do when they're active and gain weight as a result, making it significantly harder to rehab back," she said.

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your health 15

When dining out, don't be afraid to request healthier substitutions, such as extra vegetables.

Healthy dining possible

Alive

Do certain stimuli make you reach for food, even though you might not be hungry at the time? Do you eat as an emotional response? What triggers this reaction?

Here are some healthy suggestions to help you create an effective nutritional lifestyle.

Eat whole foods

Pay attention to where your calories come from and not just how many you are consuming. Foods that are high in refined sugars, including many packaged and refined foods, cause our blood sugar levels to rise and fall abruptly. Rapidly dropping blood sugar levels create cravings for the same foods to bring these levels back up.

Whole foods are foods in their natural state (nothing added, nothing removed) that supply complex carbohydrates, help regulate our blood sugar levels, and re-



If you're trying to have a nutritional lifestyle, you should avoid snacks after dinner.

duce those cravings. A balanced diet should include a variety of whole foods in moderation.

We are most active during the day, so make breakfast and lunch hearty, protein-based meals; focus dinner selections on complex carbohydrates to lessen the digestive load while sleeping.

Eat a mid-morning and mid-afternoon snack to keep the metabolism active. Raw vegetable sticks and unsalted raw nuts and seeds make great snack choices as they are rich in vitamins, minerals, and

beneficial enzymes.

Fresh fruit, half an avocado, low-fat yogurt or kefir, and salsa and organic corn chips are also satisfying choices. Remember, no snacks after dinner. The body needs to spend its energy on rest and repair, not digestion.

Dining out

Most restaurant kitchens are happy to please, so don't be afraid to request substitutions; it's your food dollar and they all compete for it. Ask for extra vegetables, or to hold the salad dressing, or for olive oil and vinegar, or a wedge of lemon instead. Order your fish or chicken grilled, baked, or steamed.

Introduce variety into your diet by exploring different ethnic cuisines, spices and condiments. For example, one teaspoon of balsamic vinegar has only five calories, but the flavour it imparts is without measure!

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Beauty from within

Eating healthier may improve the appearance of skin

VERONICA BOODHAN
for Metro Canada



a better body this summer, they may also help improve the appearance of skin.

New studies are showing that not only can healthier foods help with achieving

Dietitian Shauna Lindzon recommends eating foods

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with Omega-3 Fatty Acids and Vitamin A (beta-carotene). According to Lindzon, they are good foods to have in one's diet.

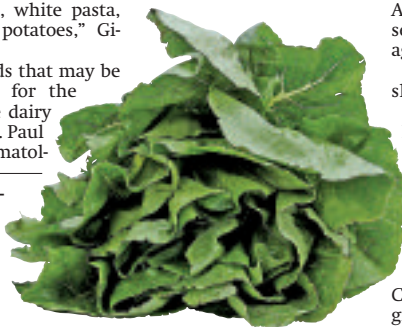
"Not only can they help with the aging of skin, but with your overall health." Skin types including, normal, complex, oily and sensitive all require different treatments. But healthy additions to one's diet can help pave the way to better skin.

Sweeter foods including chocolate and candy are not scientifically proven to have a harsh impact on everyone's skin. However, they may contribute to acne for some people, according to Dr. Martie Gidon, cosmetic dermatologist. Gidon, who specializes in skin care, also considers some carbohydrates bad for the skin.

"Some [skin-related problems] are affected by food, either by high glycemic index foods and bad carbohydrates such as white bread, white pasta, white rice, potatoes," Gidon says.

Other foods that may be problematic for the skin include dairy products. Dr. Paul Cohen, dermatol-

Experts recommend eating plenty of green leafy vegetables, such as spinach.



"Some [skin-related problems] are affected by foods."

Dr. Martie Gidon

ogist, advises against the consumption of milk for people with skin problems.

"Studies are now proving that diet does have something to do with it, especially milk consumption. It's full of hormones, which can cause [skin] to break out," Cohen said.

Instead, Cohen recommends people with acne-prone skin take supplements in order to still get the essential nutrients found in daily products.

Aside from milk, other beverages, including soft drinks, may have a negative impact on skin.

"They're artificial so try and stay with more natural drinks," said Lindzon.

Lindzon recommends drinking water, as well as



Healthy additions to one's diet can help pave the way to better skin, new studies are suggesting.

beverages with antioxidants, such as green tea. Also, cooking with grape-seed oil can help with the aging of skin.

"Antioxidants help with skin vitality," she says.

Other foods that can help counteract the negative impact of these foods and beverages include whole grains balanced with fruits and vegetables.

"Avoid refined foods, like refined white sugar. Choose foods with whole grains," said Lindzon. "Al-

so, try eating orange fruits and vegetables and green, leafy vegetables, such as spinach."

Lindzon also recommends incorporating fish oil into one's diet because the Omega-3 fatty acids can help with the aging of skin.

But to help with the body, inside and out, it is about creating well-rounded meals.

"Don't avoid food groups. For a well-balanced diet, have lots of variety," said Lindzon.

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your health **17**

Drugs on campus

Fraternity bust sparks safety, prevention concerns

CANICE LEUNG
for Metro Canada



Fraternity busted for \$126,000 in drugs — it sounds like a bad Hollywood stereotype, but that's just what happened when Toronto police seized one kilogram of ketamine, used as a date-rape drug, cocaine and mushrooms at the Delta Kappa Epsilon Alpha Phi house on St. George Street near the University of Toronto on June 27.

Graduate Wasseem Malley and current student Yong Park were charged with several drug-related offences, including possessing drugs for the purpose of trafficking.

The news had some female U of T students wondering how safe the university's area really is. "Who knows if we go to an on-campus event or pub, you obviously have people from fraternities coming, and that would make me feel unsafe. God knows who would do what," said psychology student Nurin Jiwa.

Communications student Terri-Ann Persad said the school has never educated her about the dangers of date-rape drugs, nor did it inform her of the bust. "The school should make that more public. They're responsible for the well-being of their students," she said.

Prevention tips, education and crisis response officers are readily available through the school's health and coun-

Bad signs

Date-rape drug effects:

- Drunken or dizzy feelings
- Difficulty thinking
- Out-of-body experiences
- Distorted perception of time and body
- Can't remember who or where you are
- Numbness in the body
- Blurred vision
- Amnesia (applies to GHB)

SOURCE: CENTRE FOR ADDICTION AND MENTAL HEALTH

selling services, said school officials.

Although most DKE members are enrolled at U of T, spokesperson Rob Steiner said administration can't control fraternities because they aren't recognized by the school. "Our jurisdiction only extends to stuff at the university or stuff that's academic. I don't think we have anything to do with this at all," Steiner said, adding that student codes of conduct don't apply to off-campus fraternities.

Date-rape drugs are a community safety concern, but there's no evidence of a larger drug ring operating on campus, said police Det.-Sgt. Rob Johnson, who added that the bust is an "isolated" incident. He said most alleged drug-rings happen in the Entertainment District, but can be avoided by sticking with



Toronto police recently seized \$126,000 of drugs, including ketamine (the "date-rape" drug), from a St. George Street fraternity house. However, the two men charged said they intended to use them only recreationally.

friends, watching your drinks and knowing where they came from.

Malley and Park didn't intend to use or sell the ketamine as a date-rape drug, which is also used recreationally, Johnson said. "They haven't admitted they're using it to drug women or to do anything other than for personal use."

Still, the negative publicity could have far-reaching effects on U of T's Greek community. One fraternity

member, who declined to give his name or association, said this bust gives all fraternities a bad reputation and overshadows the leukemia charity runs and fundraising spaghetti dinners his group organizes. "I don't think people have a good understanding about what fraternities are about," he said. "People don't even want to learn about it because of the stereotypes. They think it's just a bunch of guys who like to party."

Set goals, ambitions, even if unrealistic

HineSight

Anne Hines



A terrible thing happened to my friend Rob. He hit a good golf shot. Rob loves golf. He watches it, reads about it, gives advice on how to play it and, once a year, he even gets out to try a round.

Rob is a very consistent golfer. Every shot goes into a flowerbed, over a ravine or out into the parking lot, where it lodges itself in someone's windshield wiper. Rob stomps, swears, says he's putting his clubs on eBay and that other golfers and their vehicles are safe for another year.

Yesterday, however, Rob's ball soared, arced, landed with a perfect bounce, rolling to a mere three feet from the hole where Rob tapped it in with only four tries. The result was obvious. Rob's now convinced he should become a pro golfer.

I'm all for having dreams and goals. My own goal is usually "to make it through the day." When I set the bar higher it's "to make it through the day, sane." I have a fitness, power-walking goal that is: "To get through my route that in-

volves passing two Tim Hortons and a Starbucks without consuming more calories than I burn."

Rob dreams bigger. He thinks he might open a winery in his backyard, even though the growing season where he lives is six and a half minutes. He planned to audition for Canadian Idol. Apparently "able to carry a tune" is just a guideline. And, he's thought of opening an addiction counselling service for men who buy tools they don't actually know the use of. Actually, that one might work.

Some experts insist that men are bigger risk takers than women. I don't buy it. If there weren't women prepared to take major risks, my younger brother, David, would never have got a date. Women boldly buy the latest clothing styles regardless of the fact that they may be out of fashion before we get them home.

I'll keep believing life can be peaceful, even if most days I don't quite achieve it. And if Rob never takes on Tiger Woods at least he's had a few happy moments imagining it could happen. Because when it comes to goals and ambitions, what matters isn't how big or small we dream. Just that we do.

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.

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Workology

EDITOR: DOUGLAS DUNLOP, DOUGLAS.DUNLOP@METRONEWS.CA



Bottle ban

Maclean's reports a number of municipal governments and institutions, including universities, are now banning bottled water, so that may make reusable water containers, such as the one on the left, a more common sight in the quad.

METRO

Telecommute for your boss' sake

RAFAEL BRUSILOV
for Metro Canada



Letting employees work from home can keep them happy, make them work harder and save employers plenty of money, experts say.

Most importantly, embracing work-from-home policies can open up a wide world of talented, experienced people ready to work but who want to limit their morning commute to the distance it takes to walk from their bed to their computer.

"There's a huge reservoir of talented people who want to work, but they want to work from home," founder and president of

Weave Partners Catherine Chambers said. Weave Partners is a company that specializes in helping people work from home.

Alongside people who want the freedom and flexibility working from home brings, a large population of talented people with disabilities — including those with physical, emotional or health issues — can be tapped by letting employees work from home.

Bob Fortier, president of the Canadian Telework Association as well as head of consulting firm InnoVations Canada, says big cost reductions can be achieved by employers as segments of office space are made unnecessary, weather and road conditions become irrelevant to productivity,



Working from home can be convenient for employer and employee.

absenteeism virtually disappears and health-care costs related to stress and sickness go down. He says a company could save up to a million dollars over a five-year period by moving 100 employees out of the office and into their own homes.

Fortier also says recruitment and retention of talent becomes a lot easier, letting companies hold on to skilled workers and even pull away talented people from their competitors.

"If (companies) don't start looking at this seri-

ously, other employers are going to grab their best and brightest," Fortier said.

Of course, certain jobs fit the telecommuting lifestyle better than others — like information or telephone-related work, for example — and employees who want to approach their employer about it generally need to be dependable and have a proven track record. Data also shows that just being around in person can give a strong boost to your career despite perhaps not working quite as hard or as well as someone who works from home.

"It remains a bit of a stumbling block because we've heard employers value presence over performance in some cases," Cham-

bers said.

Then there's the perception of home workers doing it because they're lazy, an assertion that Chambers suggests does not hold water in actual experience.

"There's this perception that people might be more casual in their home and that they might not be putting in enough time. But sometimes people put in even more time when working from home because they're not commuting and because they want to prove they are working," Chambers said.

Fortier agrees, saying studies have shown people tend to work harder when paid to work from home.

"We know ... that productivity increases dramatically in the majority of cases."

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"This means that only physically-fit people should perform the move," says Kai Hansen, research director for Canadian Relocation Systems. "People shouldn't carry more than is comfortable, and you must make sure that passages are free of obstructions that could cause a person to trip, and injure themselves, or the item they're carrying."

The truck should be loaded so that heavier items are on the bottom, and so that adjacent items help keep things in place.

"A do-it-yourself move means just that – you must buy or acquire your own packing materials, and arrange for a crew of people to load and unload the truck," says Hansen. "Successful do-it-yourself moves are those moves where the load is small and manageable, and where the distance between origin and destination are modest."

Limit boxes to a maximum weight of 50 pounds. Do not try and carry more than one box at a time. Always squat down and make sure you have a good and comfortable grip on the boxes before lifting.

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Commute forces many sacrifices

The impact of escalating fuel costs has taken its toll on American commuters. Of the 89 per cent of workers who said they drive to work, nearly half (47 per cent) reported they had to give up something in order to afford the gas needed for their commute. This is according to CareerBuilder.com's latest survey completed in June 2008 of more than 8,700 workers nationwide.

When asked to identify what they had to forego in order to accommodate higher fuel prices, workers reported they:

- Ate out less, 35 per cent;
- Spent less money on entertainment, 31 per cent;
- Bought less expensive groceries, 27 per cent;
- Shopped for clothes less, 24 per cent;
- Did not go on vacation, 21 per cent;
- Eliminated cable, magazine subscriptions, etc., 11 per cent;
- Did not attend a function where they would be expected to bring a gift, 9 per cent;
- Cut back on their child's extracurricular activities, 4 per cent.

"Today's workers have had to modify personal budgets, spending choices

and commuting habits to manage the adverse effects today's gas prices have had on their pocketbooks," said Rosemary Haefner, vice-president of human resources at CareerBuilder.com. "One-in-10 workers said they would take a pay cut for a job with a shorter commute."

Haefner recommends the following tips to stretch your commuting dollars:

ed reduced transit vouchers and 9 per cent cited carpooling incentives.

• Try carpooling: Not only does carpooling promote a healthier environment, it also contributes to a healthier bank account. Eight per cent of workers said they catch a ride to the office with co-workers. Of these workers, 22 per cent estimated they save more than \$50 per week carpooling and 51 per cent save more than \$25 per week.

• Take mass transit: Catching a bus or train can cut down on costs and travel times. Seven per cent of workers said they are taking public transportation to and from work instead of driving due to rising energy costs.

• Telecommute: The cheapest way to travel is no travel at all. More employers today are offering flexible work arrangements and may accommodate a request to work from home a day or two to help mitigate commute costs.

• Get in shape: Take advantage of the warm weather to walk or ride your bike to work if the commute length allows for it.

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Yearbooks in decline in social media era

Online social networks are ringing the death knell of traditional college yearbooks, whose production and sales numbers are plummeting in the U.S. More and more youth are staying connected through sites like MySpace and Facebook. **METRO NEWS SERVICES**

Businesses feel pinch at pumps

Fuel-based companies foundering with rising prices

When it comes to thanking her Meals on Wheels volunteers for their tireless efforts, Nancy Deba never hesitates to show them the love.

In addition to a volunteer banquet and a huge summer picnic, Deba, the senior meals co-ordinator for Abbotsford Community Services in British Columbia, also makes sure to spread the holiday cheer by paying for them all to attend the Christmas banquet.

So it's little surprise that with gas prices skyrocketing, her thoughts turned to those who give freely of their time and vehicles to deliver meals, but like so many Canadians are feeling pinched at the pump.

Deba recently pulled together a garage sale selling her own homemade strawberry tarts as well as toys, games, clothes, pots and pans and more donated from colleagues and the community. The event raised \$1,000 for volunteers to help offset rising fuel costs.

Deba said about 95 per cent of her 50 volunteers are seniors, a demographic also comprising a significant portion of the clientele.

"Both those groups, they're very strapped, they're on fixed income ... and now you've gone from gas that's jumped, what, 40, 50 cents in six or seven months? It's a lot of money for them," she said.

"It's one thing to be a volunteer, but when it costs you to be a volun-

teer, that's different."

A year ago, Deba said the most it would cost to fill up the Meals on Wheels van, used to deliver food and pick up seniors for the in-house "Lunch with the Bunch" program, was \$62. Now it's \$78.

For businesses offering products or services that rely on transportation or delivery, the steadily climbing cost of gas is an unavoidable reality.

While commuters can scale back on non-essential trips, car pool, bike or use public transit to reduce costs, it's an option that's virtually non-existent for companies and organizations relying on travel to meet their bottom line.

Steve Pellarin, executive director of The Small Business Centre in London, Ont., a non-profit organization of-

"It's an irritant to people. Fuel just drives them crazy."

Lauris Petersen

fering support services to entrepreneurs, said the rising cost of gas prices presents a double-edged problem.

"If the consumer is being hit, they're going to spend less with businesses, and so they get hit from both directions," he said. "They get hit from owning the business, and having rising costs of their own, as well as the fact that their customers have a little less to spend."

Part of what makes it particularly difficult for small business owners is the rapid rate of increase in gas prices, which can often make it difficult to adjust or absorb costs into

their pricing strategy, Pellarin said.

"There's often a very large reluctance on small business owners to increase the price because they're afraid they're going to lose customers, and then a small business owner who will typically have thinner margins than their large business counterparts ... feel the crunch quicker and sooner."

Lauris Petersen, general manager of Rob's Albertan Service Experts in Edmonton, which specializes in plumbing, heating and air conditioning, said the recent increases in gas prices translate to a couple thousand dollars more monthly to fuel the 26 vehicles in the company fleet.

A few months back, the company introduced a fuel surcharge to help address the rising costs, a move so unpopular with clients they decided to repeal it about three weeks ago, he said.

"It created a problem for our technicians to collect this extra money we were asking for, so we just ended up increasing our dispatch fee," Petersen said. The dispatch fee, charged to clients for service experts to come out to a home, is now up \$11 to \$110.

"We got such a lot of flak from our customers that we just rolled it into the cost and they're much happier with that," Petersen said.

"It's an irritant to people. Fuel just drives them crazy." **THE CANADIAN PRESS**



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gas price explosion

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Robert Downey Jr. is cruising around Hollywood in a new \$200,000 US Bentley — a gift to him from movie bosses because of the success of Iron Man. The movie has earned more than \$500 million worldwide. [IMDb.COM](http://IMDb.com)

Entertainment

EDITOR: TINA COSTANZA, TINA.COSTANZA@METRONEWS.CA

Right number

Kate Hudson has beaten out Sienna Miller and Anne Hathaway for the role of Stephanie in *Nine*, the movie version of the Broadway musical, starring Daniel Day-Lewis. PAGESIX.COM



lawsuit

Carteris sues over choking scene



Carteris

PEOPLE Former Beverly Hills 90210 star Gabrielle Carteris has filed a lawsuit in B.C. Supreme

Court alleging a choking scene she filmed in *Langley* turned too real.

Carteris, who played Andrea Zuckerman on the show, said injuries she suffered on the set of the 2006 made-for-TV film, *Past Tense*, left her with debilitating facial spasms.

According to msnbc.com, Carteris is suing producers for placing her in "unreasonable risk of physical harm" and not properly coaching actor Adrian Hughes, who was scripted to choke her at knifepoint.

METRO CANADA

First lady of French pop

Carla Bruni takes on critics as she braces for reaction to new album

AURÉLIE SARROT
Metro World News



Take your best shot: criticize her music and lyrics, but don't criticize France's first lady, Carla Bruni, as someone manipulated by the presidency.

Bruni croons about drugs and lovers on her new album, her third, *Comme si de rien n'était* (As If Nothing Happened), despite being married to one of the world's most powerful men, Nicolas Sarkozy.

"There is no censorship in France. We live in a very democratic country," the former model said in her Parisian home. "The presidency does not intervene

in my artistic life or in my media life. Every time I communicate, like I did after the wedding, I'm absolutely free. I think it's a little misogynistic to think that I'm manipulated by the presidency."

Bruni finds what media targets for criticism a bit strange.

"That said, I don't care about being attacked for my music or my lyrics. I find it quite natural," said Bruni, whose album is in stores today. "But being attacked because I'm in love with my husband, I find that a little strange."

Listeners shouldn't expect a lot of revelations about her married life on her album — she's still a

newlywed, after all, having said "I do" on Feb. 2 — and many of the songs were written before her marriage.

Bruni said, like the first one, *Ma jeunesse* (My Youth).

"I refuse to grow old,"

she said. "It's something that worries me a little. It's the fact that I can't fight it that bothers me. That's why I play a lot of sports. But in the end, time will win the battle, you know."

For now, Bruni is pretty much staying put, except for a vacation in the Lavandou region of France next month, choosing to promote her album via television appearances.

"I can't play live as long as my husband is president," Bruni explained. "Touring would involve too many security issues since I'm the first lady."

Away from the spotlight, Bruni shares musical tastes with her husband. "When I play him music he doesn't know, it's mostly English-speaking singers. Songs by Bob Dylan, Leonard Cohen, the Beatles are amazing to discover a new language."

While she's tried to put to rest rumours that she's pregnant — "If I have a little belly, it's because I drink a beer, once in a while" — Bruni admitted, "I would love to be pregnant, but I'm not. And if I was, I would have stopped smoking."



Carla Bruni
GETTY FILE

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People The Hills star Audrina Patridge has laughed off reports the police were called to her apartment after a screaming match with co-star and housemate Lauren Conrad, saying she wasn't even at home the day the fight reportedly broke out. **IMDB.COM**

Contestants feel the heat

Canadian Idol's Top 10 start to sense competition amongst friends

SANDY CAETANO
sandy.caetano@metronews.ca

Making it to the Top 10 of Canadian Idol is an accomplishment for contestants, but as the excitement increases, so does the pressure.

In the wake of watching people who have become friends be eliminated from the competition, those remaining are dealing with the pressure of moving forward.

"The vibe has definitely shifted as we move towards getting settled, in that this really is a contest and people are kind of dropping like flies," says Toronto's Sebastian Pigott, 25.

Mitch MacDonald, 22, from Port Hood, N.S., agrees.

"We're all a bit nervous about who's going to go home because the competition is tight, and you really just don't know who's going to be here at this

stage," he says. On the other hand, there is a combination of mixed emotions amongst the finalists.

"It's super busy. You really feel what it's like to constantly be performing ... you're just constantly thinking about the next performance, but it's well worth it, for sure," says 23-year-old Earl Stevenson, from Lloydminster, Alta.

"I think everyone just tries to not think about (elimination night) and to just have a good time while we're here, and focus on the music," says Toronto's Mookie Morris, 18.

But finding out they made it to the Top 10 left some like Drew Wright at a loss for words.

"It was a great feeling, it was kind of indescribable really, it's amazing," says Wright, 28 from Collingwood, Ont. "It's really nice to know you have

that support ... it's good to know that Canada has faith in me."

"I'm from such a small town, so I'm not used to just getting this type of exposure," says Theo Tams, 22, from Lethbridge, Alta. "That's what it's all about for me at this point, is just having people see me and seeing what I can do."

Hamilton, Ont.'s Adam Castelli says he

was preparing himself for the worst — either way he would be proud of how far he had made it. "There was a lot of surprises that night and throughout this whole thing," says Castelli, 26. "There's just no way you can control this, you perform as great as you want and that still might not be enough."

No matter what happens,

Canadian Idol opens many doors so it's what you do with those opportunities that makes the difference.

"Of course I want to pursue music," says Mark Day, 20, from Portugal Cove-St. Philips, N.L. "If I am the one voted out this week I just have to keep shooting for what I want, but, hopefully, I don't have to worry about that this week."

This year's Top 10 consists of two women and eight men, and for Amberly Thiessen and Katherine St-Laurent it's been nothing but enjoyable.

"It's interesting. I'm actually enjoying it. I think it's kind of fun ... everyone here is very talented," says Thiessen, 19, from Seven Persons, Alta.

"It's been exciting. It's been something new every week. I've been performing every week trying to do my best and we're all having fun and I think that's the most important thing," adds St-Laurent, 17, from Otterburn Park, Que.

Brother supports Madonna's marriage

SUPPORT Madonna's brother has said his sister would work hard to maintain her marriage to film director Guy Ritchie, BBC Online reports.

Christopher Ciccone, who has written a book about the pop star, made the comments on the television network ABC.

"She's not the type of person just to walk away," he said, referring to reports that the couple's eight-year relationship was on the rocks.

Ciccone also said he "doubted" reports Madonna was dating baseball player Alex Rodriguez.

Earlier this month, Madonna's spokeswoman denied speculation that the 49-year-old singer and Ritchie were preparing to divorce. She also denied Madonna was dating New York Yankees player Rodriguez, 32, who recently parted from his wife.

His book, Life With My Sister Madonna, is due to hit U.S. shelves today.

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Casting NBC's Chuck has recruited actress Jordana Brewster, left, to play a love interest for Zachary Levi for a minimum of three episodes, executive producer Josh Schwartz has confirmed. **EW.COM**

Xbox takes aim at Wii

JONATHAN P. KUEHLEIN
jonathan.kuehlein@metronews.ca

If the future of gaming looks anything like the one envisioned by the folks behind the Xbox 360, we're all going to spend a lot more time together — well virtually, anyway.

Holding the first major press conference at the annual E3 electronics expo yesterday in Los Angeles, Microsoft's Xbox gaming division took square aim at the highly popular Nintendo Wii by offering up more social gaming experiences to go along with a strong core gaming experience.

"When consumers fire up their Xbox 360, they're going to be greeted by a whole new experience this fall that is fun, social and easy to use," said Craig Flannagan, platform manager for Xbox 360 Canada.

One of the biggest new elements is a feature called Xbox Live Party that helps bring gamers together.

"Live Party is going to allow up to eight people at a time over Xbox Live to share their experiences," Flannagan said.

"Now you can share your

photos ... you can share your Xbox Live games ... and eight of us can even all watch a movie together from the Xbox Live video marketplace. "It's a new look and feel, it's new ways to have fun and new ways to share that fun."

The company is also introducing new avatars to help personalize your on-line self.

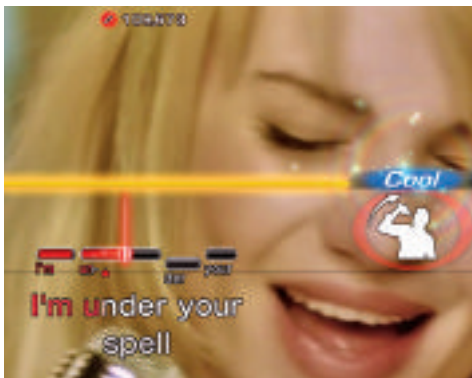
"It's a new way to portray yourself and your gaming identity," Flannagan said. "It's always been a part of our history with gamer cards and pics and we've now taken that to the next level."

On the gaming front, the most interesting new social game is the karaoke title, Lips, which ships with two wireless, motion-sensitive microphones.

"The thing that separates Lips from any other music game is that you can actually use your own music library," Flannagan said.

"It's personalized to you so it's always going to be fun and it's always going to be relevant."

Xbox also finally announced the shipping date for the highly anti-



Lips is the newest social game on Xbox, where players can use their own music libraries at home.

pated Gears Of War 2 — Nov. 7 — and showed off other hot new upcoming titles for the more hardcore gamers, including: Rock Band 2, Fable 2, Fallout 3, Resident Evil 5 and Final Fantasy 13.

"We are still all about the core gamer and we have not forgotten about the core gamer," Flannagan said.

"We're delivering the best experiences and the best games."

Overall, Flannagan said, Xbox anticipates great growth in 2008.

"I think we're positioned really well to bring new people into (gaming) and more than satisfy the people who are already here enjoying their time on Xbox 360," he said.

Buddies benefit from homage to Idol failure

DEAN LISK
Metro Canada

They have both tried out for Canadian Idol, but not making the show was better than getting a gold ticket for Nova Scotians Jock Hiltz and Luke Conrad.

The duo — they go by the name Luke And Jock — are having their five minutes of fame thanks to their humorous song about failing the audition process.

Called The Canadian Idol song, it has been used in a montage on the show, recapping part of the season, and was recorded by Idol producers and sent to radio stations across Canada.

"We are like a showpiece for the show, and it can turn into more," said Hiltz, 25. "This is just a side thing we did for fun."

The duo became buddies in the mid-1990s, but only started to play coffeehouses a little over a year ago. Serious songs soon gave way to funny ballads. They now have a repertoire of eight original songs — including their hom-

age to Idol failure. "We are both jokers," said Conrad, 28.

This winter, both guys decided to try out for the show by performing the Idol song. At first, the judges weren't sure what to make of them.

"The lyrics are like, 'My mother always told me I could sing' and 'My father sold the farm to buy me a six string' and they did not know where we were going with it."

"It was only after we hit the chorus — 'I was turned down by Canadian Idol' — that smiles crossed their faces."

A producer later called the guys and had them fly to Toronto to record the song, and there is a chance it will be again played on the show later this season.

See the video

To view the Canadian Idol clip with Luke And Jock's song, go online to www.lukeandjock.com.



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DVD picks

College Road Trip

Director: Robert Kumble
Stars: Martin Lawrence, Raven-Symoné
Rating: G



MARTIN LAWRENCE makes life miserable for Raven-Symoné as they hit the highway in this family comedy. Lawrence plays a well-meaning but meddlesome dad who butts into his daughter's hunt for the right college, accompanying her and her friends on their mishap-laden trip. The DVD and Blu-ray discs have an alternate opening and alternate endings, plus deleted scenes with commentary from direc-

tor Roger Kumble. The full movie has commentary with Kumble, Raven-Symoné and the screenwriters. Raven-Symoné also pitches in with a music video and a video diary of her experiences on the set.

Step Up 2 The Streets

Director: Jon Chu
Stars: Briana Evigan, Will Kemp
Rating: PG

ARE YOU ready to rumba? This follow-up to the 2006 teen mini-hit Step Up again mingles the raw world of street hoofing with the refined circles of formally trained dancers. This one lands a rough but talented street dancer (Briana Evigan) at the Maryland School of the Arts, where she tries to blend in with snooty classmates and teams up with a hotshot student (Robert Hoffman) to compete in an underground dance competition. The DVD and Blu-ray releases come with deleted scenes, two behind-the-scenes segments and five

music videos, including tunes by Flo Rida and Missy Elliott.

The Bank Job

Director: Roger Donaldson
Stars: Jason Statham, Saffron Burrows
Rating: 14A



JASON STATHAM makes an unauthorized withdrawal in this solid heist flick from director Roger Donaldson. Statham stars as a car dealer who meets up with a beautiful woman (Saffron Burrows) from his old haunts and gets in way over his head after she lets him in on a robbery of cash and jewels from a London bank. Two-disc DVD and Blu-ray editions come with extended

footage, a making-of featurette and a segment on the 1971 Lloyd's Bank job that inspired the film. Both releases also include a digital copy of the movie for portable video players. The movie also comes in a bare-bones single-disc DVD.

Shutter

Director: Masayuki Ochiai
Stars: Joshua Jackson, Rachael Taylor
Rating: 14A

THIS HORROR tale centres on a photographer (Joshua Jackson) and his new wife (Rachael Taylor) who are exposed to a vengeful spirit from beyond on a trip to Japan, where the photos that result contain ghostly images of a woman on a haunting mission. The movie is available on DVD in the theatrical version or an unrated cut, both containing a couple background featurettes. The unrated DVD and Blu-ray releases also have deleted scenes and an alternate ending, five more behind-the-scenes featurettes and commentary with Taylor and

some of the filmmakers.

Penelope

Director: Mark Palansky
Stars: Christina Ricci, James McAvoy
Rating: PG



CHRISTINA RICCI is the fairest pig-faced girl in the land in this contemporary twist on fairy-tale romance. The comic tale stars Ricci as a young woman afflicted by a family curse — the snout of a pig — with James McAvoy as a suitor who may hold the key to lifting the curse. Ricci and McAvoy are backed by a great cast that includes Catherine O'Hara, Peter Dinklage,

Richard E. Grant and Reese Witherspoon, who also is a producer on the film. The scant DVD extras include a making-of featurette and a sneak peek at this fall's teen vampire tale "Twilight."

Trafic

Director: Jacques Tati
Stars: Jacques Tati, Maria Kimberly
FRENCH FILMMAKER and actor Jacques Tati returns to his Monsieur Hulot persona one last time with this 1971 comedy about an automotive designer who encounters endless troubles while taking his gadget-loaded camper to a car show in Amsterdam. Highlighting the extras in the two-disc set is the 1989 two-part documentary In The Footsteps Of M. Hulot, made by Tati's daughter, Sophie Tatischeff. The set also includes a 1971 interview with cast members from French television, the 1973 TV show The Comedy Of Jacques Tati and an essay by film critic Jonathan Romney.

THE ASSOCIATED PRESS

Raquel's tell-all

Actress Raquel Welch is set to reveal all about her life in a new memoir, tentatively titled *Secrets Of Timeless Appeal*. Sources claim it will lift the lid on her relationships with actors Warren Beatty, Sean Connery and Richard Burton. **IMDB.COM**



A love built on public insults

IntelleVision

Rick McGinnis

rick.mcginis@metronews.ca

Splitsville: Jimmy Kimmel and Sarah Silverman have broken up, according to a story on Vanity Fair's celebrity blog, with confirmation from their respective representatives, adding that "Jimmy and Sarah have and will have no further comment."

OK, so it's not like we all didn't think Kimmel was batting well out of his league with Silverman, for whom he left his wife of 14 years almost six years ago, after meeting Silverman at a Hugh Hefner roast at which she said Kimmel was "fat and has no charisma." When you build your love on that kind of feeling, how can you go wrong?

In the end, Kimmel and Silverman have proved that a loving couple can rip on each other, belittle each other's primary and

secondary sexual characteristics, and produce competing videos trumpeting fictional but still unsavoury affairs in the service of a fake celebrity rivalry that go viral internationally and, well, still flame out like a couple of kids breaking up at the end of summer vacation.

Really big: Six years ago, reality television was supposed to have reached a zenith with the announcement that 49 new reality shows would be hitting the air. This year, according to a Washington Post story, 172 new reality shows will debut, 32 alone on regular broadcast networks and a whopping 140 on cable channels.

"Reality is no longer alternative programming. In fact, it is the cornerstone of modern television, like it or not," said David Lyle, head of Fox reality programming at a Friday session of the summer TV press tour. The Post's TV critic, Lisa de Moraes, makes her feelings clear by adding "or not" at the end of this brief item, and

her readers generally respond in kind, bemoaning the dumbing down of America and adding that it's "all dreck, even Public Television for the most part."

One reader, however, responds with a more far-sighted perspective. "Long-

ing for the great comedy of Three's Company? I Love Lucy?" writes Dan. "There's plenty of intelligent TV airing ... you just have to be intelligent to find it."

Rick McGinnis writes about music, movies, books and television, but not opera.

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	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	
primetime	7/15/08	265	353	2	TVO	Into the Wild	Into the Wild	The Best of The Agenda	The Amazing Mrs. Pritchard	Design e2	Design e2	Best-Agenda	
		211	331	3	GTV	ET Canada	Entertainment	Wipeout (N)	Big Brother 10 (N)	In Plain Sight (N)		News (N)	
		215	343	4	OMN1	Two/Half Men	The Simpsons	News (N)	Vivere II (N)	News (N)	The Simpsons	King of the Hill	
		210	302	6	CBC	Coronation St.	Just-Gags	Rick Mercer	The Tudors "Episode 2"	CBC News: The National		The Hour	
		214	344	7	CITY	Friends	Hollywood	Hell's Kitchen (N)	Japanese Game Show	Reaper "Pilot"		News (N)	
		212	313	8	CTV	eTalk	Jeopardy! (N)	Canadian Idol	Criminal Minds (HDTV)	Law & Order: SVU		News (N)	
		218	345	11	CH	The Insider (N)	E! News	Real Housewives	Kimora: Fab	Kardashians	Living Lohan	D. Richards	News (N)
		137	763	13	TFO	Panorama été	Les Éclairés	Tournants de l'histoire	Merci pour le chocolat *** (2000, Suspense)				Super plantes
		-	-	14	-	Law & Order: SVU	News (N)	News (N)	News (N)	King	King		Cold Case
		213	326	15	SUN	Scrubs	George Lopez	The Wives He Forgot (2006, Suspense)	Molly Ringwald.	To Serve and Protect	Without a Trace (HDTV)		Grill Rm.
news		-	387	16	CBS	Inside Edition	Hollywood	NCIS "Skeletons"	Big Brother 10 (N)	America's Got Talent (N)	Law & Order: SVU	News (N)	
		-	385	17	NBC	The Insider (N)	Entertainment	Celebrity Family Feud	Wipeout (N)	Japanese Game Show	PrimeTime: Family Secrets (N)	News (N)	
		-	386	18	ABC	Wheel-Fortune	Jeopardy! (N)	Wipeout (N)	Japanese Game Show	America's Got Talent (N)	Without a Trace (HDTV)	News (N)	
		219	346	20	ACH-B	Wheel-Fortune	Degrassi: Next	Celebrity Family Feud	America's Got Talent (N)	Without a Trace (HDTV)		News (N)	
		-	-	28	Fox	MLB All-Star Red Carpet	Keeping Up	Nova (HDTV) (DVS)	Joe Louis: Boxer Who	Wide Angle (HDTV) (N)		Business Rpt.	
		-	388	61	PBS	News-Lehrer	Family Guy	Beauty and the Geek	Reaper "Unseen"	CW11 News at Ten		Two/Half Men	
		297	652	330	WPX	Wheel-Fortune	Jeopardy! (N)	Dr. Phil	News (N)	Jeopardy!	Frasier	Frasier	Cheers
		296	654	331	SBK	Reba	Reba	My Wife-Kids	According-Jim	Family Guy	Two/Half Men	Two/Half Men	Beauty, Geek
		502	390	26	NW	News (N)	Mansbridge	The Hour	CBC News: The National	Tailor Made			National
		500	500	33	CNN	Lou Dobbs Tonight	CNN Election Center	The Suze Orman Show	Larry King Live	Anderson Cooper 360 (HDTV)	The Big Idea With Deutsch		Mad Money
family sports	509	504	79	CNN	Kudlow & Company	MLB Baseball All-Star Game (HDTV) From Yankee Stadium in the Bronx, N.Y. (Live)	PartyPoker.net Women's World Open	SportsCentre (HDTV) (Live)					
	405	417	22	net	SportsNet Con. All-Star Pre.	Billiards 2007 Mosconi Cup.	Cycling Tour de France Rest Day - Pau, (N)	Low Life	SuperCars	Super Bikes!	Super Bikes!	Adventures	
	400	400	30	TSN	Billiards 2007 Mosconi Cup.	Cycling Tour de France Rest Day - Pau, (N)	Unique Whips	Prank Patrol	Mystery Hnt.	Falcon Beach		Pinks (HDTV)	
	411	457	58	OLN	Departures	Unique Whips	Fries That?	Futurama	Total Drama	Futurama	Batman *** (1989, Action)	Mystery Hnt.	
	417	406	81	SC	Pinks (HDTV)	Pass Time (N)	Loonatics	6teen	Han. Montana	Life Derek	Ned's School	Cory in House	
	551	542	25	YTV	Malcolm-Mid.	Prank Patrol	Zack & Cody	Natural-Sadie	Kim	Style by Jury	How to Look Good Naked	Maxed Out	
	554	544	45	FAM	George-Jungle	Merrie Melody	Maxed Out	Style by Jury	So You Think You Can Dance	The First 48 (HDTV) (N)	The Cleaner "Pilot" (N)	Gone Wild	
	556	540	51	TAL	That's-Raven	Smart Guy	The First 48 (HDTV) (N)	Carabinieri	Story Of "Motley Crue"	Hogan Knows	Hogan Knows	Listed	
	602	567	27	W	Will & Grace	Friends	Carabinieri	Beyond Chance	Reba	Hope & Faith	Home Improve.	Roseanne	
	570	580	29	MM	So You Think You Can Dance	Top 12	Carabinieri	Blue Ronnie "Heroes"	Trailer Park	Kenny-Spenny	CSI: NY "Heart of Glass"	House	
cable variety	615	520	31	A&E	The First 48 (HDTV)	Carabinieri	Listed	Blue Ronnie "Heroes"	Trailer Park	Kenny-Spenny	CSI: NY "Heart of Glass"	House	
	700	800	35	TLN	Centovettrine	Sky TG 24	Carabinieri	Beyond Chance	Reba	Hope & Faith	Home Improve.	Roseanne	
	571	581	36	MMM	mmmtop	Uncovered	Listed	Blue Ronnie "Heroes"	Trailer Park	Kenny-Spenny	CSI: NY "Heart of Glass"	House	
	575	583	38	CMT	Canada Countdown	Beyond Chance	Beyond Chance	Blue Ronnie "Heroes"	Trailer Park	Kenny-Spenny	CSI: NY "Heart of Glass"	House	
	616	521	39	SHO	ReGenesis (HDTV)	Bazart	Bravo/Videos	Nearby Dead	In Laws	Shear Genius	UFOs: The Secret History UFO phenomenon.	NCIS	
	620	523	40	BVO	Bazart	Bravo/Videos	Nearby Dead	In Laws	Shear Genius	UFOs: The Secret History UFO phenomenon.	NCIS	Crime Stories	
	601	562	41	SLC	End of Leash	Til Debt-Part	Nearby Dead	In Laws	Shear Genius	UFOs: The Secret History UFO phenomenon.	NCIS	Crime Stories	
	522	506	43	HIS	NCIS	Laughs	Corner Gas	The Simpsons	South Park	Comedy Inc.	Tom Green	Daily Show	
	625	548	44	COM	Air Farce	22 Minutes	Dirty Business	Outside	Colin & Justin's Home Heist	The Stagers	Green Force	Holmes-Homes	
	600	564	46	H&G	House Hunters	Property Virgin	Guess Who ** (2005, Comedy)	Bernie Mac.	Trippin' ** (1999, Comedy)	Deon Richmond.	Blood Ties (DVS)	From G's to Gents (N)	MTV Live
metro	294	529	47	TBS	Family Guy	Family Guy	Trippin' ** (1999, Comedy)	Deon Richmond.	Star Trek: Voyager	4REAL	Next	ET Canada	What Happen?
	576	582	49	BET	106 & Park	Hell Date	Star Trek: Voyager	4REAL	Next	ET Canada	What Happen?	HEAT-McEwan	HEAT-McEwan
	627	528	50	SPC	Stargate SG-1	Cribs	ET Canada	What Happen?	HEAT-McEwan	HEAT-McEwan	Top Chef "Film Food"	Restaurant	Restaurant
	581	566	52	MTV	MTV e2	Cribs	ET Canada	What Happen?	HEAT-McEwan	HEAT-McEwan	Top Chef "Film Food"	Restaurant	Restaurant
	618	524	54	TROP	News Show	News Show	ET Canada	What Happen?	HEAT-McEwan	HEAT-McEwan	Top Chef "Film Food"	Restaurant	Restaurant
	603	561	56	FOOD	Grill It-Play	Licence to Grill	ET Canada	What Happen?	HEAT-McEwan	HEAT-McEwan	Top Chef "Film Food"	Restaurant	Restaurant
	261	394	60	V	Murder, She Wrote	Eyes Down (N)	On the Buses	Quantum Leap	Girls Gone Good	TMZ (N)	eTalk	The Tonight Show-Jay Leno	Comfy Couch
	621	527	63	STR	Look-A-Like	Hollywood	The Wiggles	Franklin	Little Bear	Miss Spider	Comfy Couch	Rolie Polie Olie	Beren. Bears
	553	546	65	TRE	Ni Hao, Kai-Lan	Night Grdn	The Wiggles	Franklin	Little Bear	Miss Spider	Comfy Couch	Rolie Polie Olie	Beren. Bears
	115	711	101	TVA	Les Anges de la rénovation	Kmh (SC)	Caméra café	La Grande Évasion (HDTV)	TV 22 heures	Juste pour rire	Le Téléjournal	Le Téléjournal	Le Téléjournal
cable variety	126	730	102	RDI	en direct	400 fois Qué	Grands reportages (SC)	Killer Next Door	Perfect Stranger ** (2007, Suspense)	Halle Berry.	(7-15) Taken * (1998, Suspense)	Dabney Coleman.	
	526	507	249	CLT	The West Wing	Killer Next Door	Perfect Stranger ** (2007, Suspense)	Halle Berry.	(7-15) Taken * (1998, Suspense)	Dabney Coleman.			
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	305	612	306	PI	(7-15) Taken * (1998, Suspense)	Dabney Coleman.							

critics'corner

The Cleaner

No, this isn't about a maid ... or a vigilante. William Banks (Benjamin Bratt), the "Cleaner" of this new drama series' title, is an "extreme interventionist," a recovering addict who now devotes his life to helping other people kick their addictions. His team includes the jovial Darnell (Kevin Michael Richardson), fiercely independent Akani (Grace Park) and quirky Arnie (Esteban Powell). Amy Price-Francis also stars. 10 PM on A&E



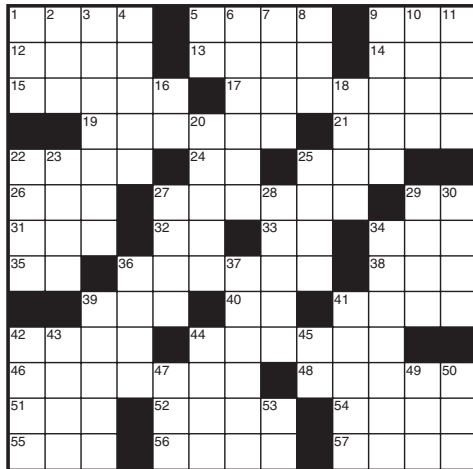
MLB Baseball

The old ballpark in the Bronx has seen its share of great players during its 85-year life, so it's fitting that during its final season Yankee Stadium hosts one last parade of stars. Among them at the 79th Midsummer Classic will be current Yankee faves Derek Jeter and Alex Rodriguez, as well as Boston's Manny Ramirez, Houston's Lance Berkman and Atlanta's Chipper Jones. This is the fourth All-Star Game at Yankee Stadium, following the 1939, '60 and '77 events. 8 PM on FOX



Monty Python star John Cleese has sold his U.S. ranch after a year on the market — by cutting its asking price by \$12 million US. The actor finally sold his 14.6-acre property in Santa Barbara, Calif., for \$16.6 million. **IMDb**

Take Five



Crossword across

- 1 Roulette bet
- 5 Joule fractions
- 9 Short hairdo
- 12 — Russo, of "Tin Cup"
- 13 Garr or Hatcher
- 14 Geologic division
- 15 Urged on
- 17 Laughed shrilly
- 19 Grown-ups
- 21 Healing succulent
- 22 Toga-party supply
- 24 Behold!
- 25 Bastille Day season
- 26 Flamenco shout
- 27 Kung fu cousin
- 29 NY neighbor
- 31 Ancient
- 32 Oz aunt
- 33 Advanced deg.
- 34 Gleeeful cry
- 35 Midwestern st.
- 36 Large planet
- 38 Skip stones
- 39 Icy remark?
- 40 Element no. 99
- 41 Part of a camera
- 42 Genghis —
- 44 Apogetic
- 46 Seafood fare
- 48 Join up
- 51 Flock member
- 52 Woodwind
- 54 By and by
- 55 Windy City trains
- 56 Mascara applicator
- 57 Account execs

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Crossword down

- 1 Prior to
- 2 — out (relax)
- 3 Meshed, as gears
- 4 Has occasion for
- 5 And, to Caesar
- 6 Clergy member
- 7 Pate de foie —
- 8 Attack word
- 9 Hardly a wallflower
- 10 Layered cookie
- 11 Directed
- 16 Fond — Lac, Wis.
- 18 Petruchio's bride
- 20 Camel relative
- 22 Dingbat
- 23 House wings
- 25 LGA postings
- 27 "The King and I" actress
- 28 Make laugh
- 29 Biggers' sleuth
- 30 Faucets
- 34 "Sweet" girl of song
- 36 Impressive vases
- 37 Nerve cell
- 39 Neonates
- 41 Some eclipses
- 42 "Fish Magic" artist
- 43 Wolf's call
- 44 "Cathy's Clown" singer
- 45 Dr. Manchu
- 47 Wrecker's job
- 49 Shirt or blouse
- 50 USN rank
- 53 Newsroom exec

950,000
Metro readers do it daily!



SOURCE: NADbank 2007, read yesterday;
BASE: Montreal CMA, Ottawa-Gatineau CMA,
Toronto CMA, Vancouver CMA

previous day's answer



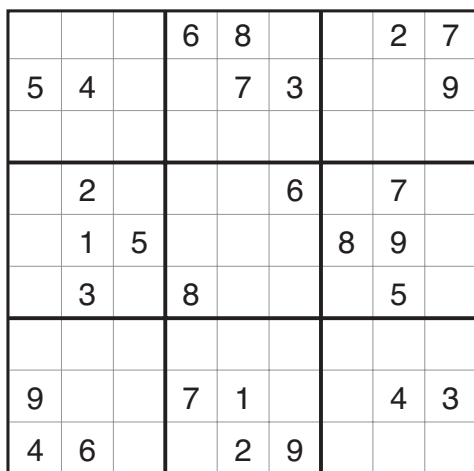
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Horoscopes

AVATAR VENUS

ARIES

MARCH 21-APRIL 20

A mouthy man will talk nonsense. An event leads to much gossip. A worker needs time to discuss worries.

TAURUS

APRIL 21-MAY 21

A despondent man makes a mistake. News from a distance has a comforting effect. Try to do a few things at once.

GEMINI

MAY 22-JUNE 21

You'll muddle through a minor setback. Someone with realistic opinions appears. A woman suffers a headache in the evening.

CANCER

JUNE 22-JULY 22

Don't overreact to an animated opponent. Avoid an issue that is hopeless. A serious man's attitude is hiding indifference.

LEO

JULY 23-AUG 23

Look for a lost lover under somebody else's spell. Don't visit anyone under stressful conditions. Don't explode when the shouting begins.

VIRGO

AUG 24-SEPT 22

An appointment must be made despite cowardice. Wickedness makes for a bad sleep. A crisis is looming in finances.

LIBRA

SEPT 23-OCT 23

A cruel vixen wants something from you. Travel plans begin to come together. A snooping person reveals a little secret.

SCORPIO

OCT 24-NOV 22

An intense lover has a significant message. Frustration with a small man is discussed. Things that defy explanation will happen.

SAGITTARIUS

NOV 23-DEC 21

You'll muddle through a minor setback. Someone with realistic opinions appears. A woman suffers a headache in the evening.

CAPRICORN

DEC 22-JAN 20

A hypocrite wins a game of the heart. Greed makes someone resist doing harm. An unstable situation will create action.

AQUARIUS

JAN 21-FEB 18

Game players are played out. A do-gooder gets involved in a silly issue. Don't do anything at all for the wrong reasons.

PISCES

FEB 19-MAR 20

Avoid people who will cause heartache. Let yourself be a winner. Depression will lift when a compliment is given.

Sudoku

INSTRUCTIONS:

The digits 1 through 9 will appear exactly once in each row, each column, and each zone. (A zone is an outlined 3x3 grid within the larger puzzle grid. There are nine of these zones in the puzzle.) Do not enter a digit into a box if it already appears elsewhere in the same 3x3 zone, or in the same row across the puzzle, or column down the puzzle.

previous day's answer

3	2	4	8	9	5	1	7	6
8	7	1	3	4	6	9	2	5
6	5	9	2	7	1	4	3	8
9	3	6	1	5	7	2	8	4
7	4	2	9	6	8	3	5	1
1	8	5	4	3	2	6	9	7
2	9	7	6	8	4	5	1	3
5	6	3	7	1	9	8	4	2
4	1	8	5	2	3	7	6	9

SOLVE TIME IN MINUTES:

Under 13 Genius
13-17 Scholar
17-21 Smart

21-25 Not bad
25+ Keep practising

Toronto weather

Afternoon



Sunny.
27°

Tonight



Partly cloudy.
19°

Wednesday



Mainly sunny.
30°/20°

Thursday



Thunderstorms.
31°/20°



Friday



Showers.
28°/19°

Temperature
Normals
High: 27.2°
Low: 14.8°

Records
High: 35.7°/1983
Low: 6.7°/1967

Sunrise: 5:51 a.m.
Sunset: 8:57 p.m.
Moonset: 2:55 a.m.
Moonrise: 7:29 p.m.

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Relationships Singer Kylie Minogue has shot down rumours she's back together with actor Olivier Martinez. "It's only natural that we would see each other. It's about friendship," she said. **THE DAILY MIRROR**

Celebrity Buzz

Kidman, Urban reject money for baby photos

BABY NEWS Nicole Kidman and Keith Urban have reportedly rejected several multimillion-dollar offers to publish the first pictures of their newborn daughter Sunday Rose, *imdb.com* reports.

The actress and her singer husband are undecided whether to release a photograph of the infant, but if they do it will be for free, reports Australian newspaper *The Sydney Morning Herald*.

"They don't think

it's appropriate to make deals," a source tells the publication. "They are still deciding how they feel about (it) — if and when they will release a photo at all. But they realize there is enormous interest from the public and they are grateful and appreciative of that."

Kidman gave birth in Nashville, Tenn., on July 7. She is Kidman's first biological child. She adopted 15-year-old Isabella and Connor, 13, during her marriage to actor Tom Cruise.

METRO NEWS SERVICES



GETTY IMAGES PHOTOS

Campbell refutes being 'bad'

IMAGE Naomi Campbell has slammed the media for continually portraying her in a negative way, insisting she isn't a "bad person," *imdb.com* reports.

The supermodel was recently fined and sentenced to 200 hours' community service after a scrap with two police officers onboard a British Airways flight at London's Heathrow Airport in April.

The incident was the latest in a long line of incidents involving the 38-year-old. She completed community service in New York last year after she was found guilty of assaulting a staff member.

But Campbell is eager for the public to focus on

her more positive qualities.

"I'm not a bad person," she says. "When people say all these negative things about me, I ignore them. Let them be negative — but do that away from me. It hurts but I know there is much more good in the world."

"I'm blessed to be able to do charitable work and good things but no one focuses on that because I don't throw it in people's faces. That's why they focus on the negatives."

METRO NEWS SERVICES



Lopez training for triathlon

GOAL Jennifer Lopez is training furiously to be fit enough to take part in a triathlon, just eight months after giving birth to twins, *femalefirst.co.uk* reports. The singer-actress' husband, Marc Anthony, reveals Lopez is on a tough training schedule. But he confesses he is not working up a sweat with Lopez.

METRO NEWS SERVICES

celebrity brief

Miller fuels talk of affair with married man

RELATIONSHIPS Sienna Miller has fuelled rumours she is having an affair with married actor Balthazar Getty after they were photographed together in a topless clinch, *femalefirst.co.uk* reports.

The pair were snapped frolicking on a yacht off Italy's Amalfi coast recently, just days after Getty denied being romantically involved with the actress. Miller is pictured embracing Getty wearing only

skimpy bikini bottoms. "Sienna is totally besotted with Balthazar," a source tells British newspaper *The Daily Mirror*. "Their relationship has gone from strength to strength over the past month and Sienna finds him utterly irresistible. Balthazar arranged the trip to one of the most beautiful and exclusive parts of the Mediterranean."

The sunshine break comes less than six weeks after Miller split from actor Rhys Ifans. Getty, from Los Angeles, is married to Rosetta Millington and the couple has four children.

METRO NEWS SERVICES



Zeta-Jones not a fan of Los Angeles

PEOPLE Catherine Zeta-Jones hates Los Angeles, *femalefirst.co.uk* reports. The 38-year-old actress — who has two children with husband Michael Douglas — has various properties worldwide, but could never live in the U.S. city.

"I hate Los Angeles with a passion. I felt that way even when I was single and knocking on doors trying to get a job," she said. "We go there, work hard, have our meetings and then get the hell out again. I don't know how people live there, especially with kids."

METRO NEWS SERVICES



celebrity brief



Spice Girls won't reform: Mel B

MUSIC Melanie Brown, a.k.a. Mel B, vows the Spice Girls will "never" reform again, *femalefirst.co.uk* reports. The 33-year-old singer — who shot to fame with Emma Bunton, Victoria Beckham, Melanie Chisholm and Geri Halliwell as part of the girl group — says despite their recent hugely successful reunion tour, they have no plans to do it again. Despite her vow, she insists she hasn't shed her "Scary Spice" image.

METRO NEWS SERVICES

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- ☐ THAT MINI SKIRT
- ☐ THOSE SHORT SHORTS
- ☒ ALL OF THE ABOVE

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